

SCIENCE AND TUBERCULOSIS

Methods of Fighting This Most Insidious of All Diseases—Best Plan Is to Keep Body in Proper Condition.

The "Cold Air Cure"

Cold air cures the blood, warms the heart, puts the vital force into the muscles, helps the stomach, wakes up the liver, lifts the whole being to a higher plane of life.

The great, insidious, consumptive monster in the world is known as a white dwarf in the Swiss Alps, near the Engadine, where the snow is all the time and the temperature close to zero all winter. Every winter hundreds of tuberculous patients from all parts of the world resort to the "cold air cure."

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The winter season alone provides continuous, tonic conditions. The dense air, containing from one-eighth to one-fourth more oxygen than the summer, stimulates all the vital forces in a higher degree of activity than in a heating force which is in operation day and night, and steadily lifts the patient up to a higher level until the spring tide of life turns backward and rejuvenating forces of the body resume their activities with all the old-time vigor.

The Price of Inner Life

Within the past twenty years there has been a steady development of new diseases in the out-of-door method of treating pulmonary tuberculosis. The wonderful success that has attended the outdoor treatment in all countries, irrespective of altitude or special climatic advantages, has demonstrated the immense value of the outdoor life as a restorative measure. This is not surprising, since man is naturally an out-of-door animal. The indoor life which most civilized beings have led is wholly artificial. We pay an enormous price for the luxury of living in houses. Not only pulmonary tuberculosis, but a large number of other chronic diseases are the natural result of the indoor life, which is a growth of the modern civilization which results from the conditions imposed by modern civilized life.

We have become too much civilized. A mild return to savagery is the one thing needed at the present time. In cold weather we can not live out of doors, but we can take care to supply our living rooms, and especially our bedrooms, with an abundant supply of pure cold air. This is a very excellent remedy for morning headaches, which usually mean air poisoning.

Appetite Juice

The taking of food into the mouth is a signal to all the digestive organs to prepare for work. Even the slight odor of food may cause an outflow of saliva, and at the same time the gastric juice pours into the stomach.

Pachon, of St. Petersburg, in experiment upon a dog observed that when food was introduced into the animal's stomach through an opening made for the purpose it was not acted upon, the digestive juice was not poured out, and the stomach apparently remained inert for nearly half an hour. On the other hand, when the animal was allowed to eat and swallow the food, the saliva and the gastric juice poured forth abundantly even though the animal did not actually taste a morsel. It is important that the food should be received in the mouth for a sufficient length of time to make the proper impression upon the nerves of the brain, so that the entire digestive apparatus shall be thoroughly prepared to carry the food substances through the successive steps of the digestive process.

The thorough chewing of the food produces an abundance of what Pachon calls "Appetite Juice," which is the best and most important juice furnished by the stomach. Hence food must be well chewed, and eaten with careful attention to every thorough mastication.

Vital Activity in Cold Weather

The vital fire burns brighter in cold weather. The whole life of the muscles with greater activity. The process of oxidation is increased. The liver requires oxygen for making life and performing all its varied functions, and the oxygen we breathe in cold air improves the function of the liver, so it can do one-tenth more work than before.

The muscles, also, depend for their activity upon oxygen. In an excess of carbonic acid gas the muscles are paralyzed, and so one feels depressed in cold weather.

A person does not get out of breath as easily in cold air as in warm. The woodchopper can raise his axe with more energy on a cold day. Cold air aids in the elimination of the poisonous matters which are all the time forming within the body.

When oxygen is not plentiful enough to make the vital fire burn sufficiently to consume the fuel and waste of the body, then much of the waste material is left behind in the form of imperfectly burned substances, which may be called dross of the body.

Burning Up the Body Dross

All food must be burned within the body to be of any value. If too much food is shoveled in, the body furnace

BEAR WAS A STRATEGIST.

Hated to Come Out, But Made Things Happen When He Did Come.

A bear-lifting bear story from one of the "Pete's" camp near Marquette, Mich.

It seems that years ago there were bears found under the eaves of an old log house where one of the "Pete's" men were working.

There were several bears, and a large black bear was the most common. The bear was very cunning and was very much of the same color as the bear that was found in the cave near the log house. The bear was very cunning and was very much of the same color as the bear that was found in the cave near the log house.

After this bear refused to show himself again, he was put upon a chain in where he was and finally succeeded in getting it around one of his legs. The black bear was caught by this time and all the rest of the chain and gave a long pull, a strong pull and a pull all together.

Bears refused for a time and then suddenly decided to come out. The bear was so sudden that the men were taken by surprise. The bear was a great fighter, and the men took advantage of their confusion and, taking among them, made "Pete's" and "Pete's" men, and finally the bear was killed.

MORAL QUALITIES OF INSECTS.

Bee and Ants Display Strong Sense of Duty and Respect for Law.

There are insects, mostly parasites, which, like some men, only come to the front in the most wicked manner. There are, however, some insects, such as ants and bees, which are a high development of moral qualities. The ant and the bee, which are a high development of moral qualities, are a high development of moral qualities.

These parasites are obviously a stow-away, and for if an ant hill is disturbed the inmates never attempt to escape from danger, but apply themselves immediately to remove the stow-away and property of the community as a whole. Respect for law and order is also very strongly marked in some communities of ants, which include soldiers and workers, guards and artisans, governors and slaves.

The "Hundred Pounder." One of the most powerful of the world's heavy artillery is the "Hundred Pounder." It is a powerful weapon, and it is a powerful weapon. It is a powerful weapon, and it is a powerful weapon.

Take a Wise Precaution. The peculiar habits of the 10-year-old boy, whose father was killed in the war, are a warning to all fathers. The boy's father was killed in the war, and the boy's father was killed in the war.

Tomato Sauce—One quart strained tomatoes, one tablespoon salt, one small onion cut fine; mix and cook. Cook slowly and long. When done, rub through a colander and add one place of rich milk, one part salt and part cream. Use in a bowl and serve at once.

Macaroni with Cornstarch—Boil until tender, then add one place of rich milk, one part salt and part cream. Use in a bowl and serve at once.

Date Dainties—Wash and steam for about ten minutes some choice dates. Split and slice, remove the seeds, put in a bowl and mix with one table-spoonful of oil. Mix with the soaked macaroni, and one and one-half tea-spoonfuls of salt; turn into a greasing dish and brown in a hot oven.

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BEAUTIFUL WOMEN

HOW THEY MAINTAIN THE CHARM OF THEIR SEX.

The importance that attaches to the care of the skin of the face is a fact which is well known to all.

Every woman who naturally wishes to keep attractive, knows the value of bright eyes, delicate complexion and good health. She knows also that good health is the basis of her charms, and that good health is the source of good looks.

Miss Morris Grayson has a complexion which is the admiration of all who know her. Asked if she could make any suggestions that would be helpful to others, she said:

"My complexion would not have pleased you if you had seen it two years ago. It was then about as bad as it could be, and it gave me a great deal of trouble. If you want a good complexion, you must take care of your health, especially of the condition of your blood. My health was at that time completely broken down. I was nervous, and I was very much of the same color as the bear that was found in the cave near the log house."

"It was unfortunately quite otherwise, and I was very much of the same color as the bear that was found in the cave near the log house. I was very much of the same color as the bear that was found in the cave near the log house."

Uses for Old Fashioned Jewelry. I saw an old fashioned set of carved Neapolitan coral the other day which was being utilized in a pretty way. The brooch was used to hold the lace of a dress, and the earrings were arranged to fasten the front of a handsome white embroidered waist.

Stops Coffin Salesmen. The Liverpool police have stopped the practice—common there—of canvassing for the sale of coffins at houses where a death has taken place.

SALT RHEUM ON HANDS. Suffered Agony and Had to Wear Bandages All the Time—Another Cure by Cuticura.

Another cure by Cuticura is told by Mrs. Caroline Cable, of Waukegan, Wis., in the following grateful letter: "My husband suffered agonizing salt rheum on his hands, and I had to keep them bandaged all the time. We tried everything we could get, but nothing helped him until he used Cuticura. One set of Cuticura, Mr. Cable, cured him entirely, and his hands have been as smooth as possible ever since. I do hope this letter will be the means of helping some other sufferer."

Told by the Small Mouth. Great and central, and fortitude dwell with the small mouth, of which the lips are kept tightly shut. Nevertheless, it is liable to occasional outbreaks of ill-humor.

Important to Mothers. Remember carefully every bottle of CUTICURA, a safe and sure remedy for infants and children, and use it all.

Size of British Dominions. It has been figured out that the British empire is sixteen times larger than all the French dominions and forty times greater than the German empire.

William's New National Ointment. It is a powerful weapon, and it is a powerful weapon. It is a powerful weapon, and it is a powerful weapon.

Homestead Yellow Pearl Corn grows like a weed and yields from 50 to 100 bushels and more per acre. It is the best corn for the farmer.

Just Send This Notice Ann McInnes to John A. Palmer, 100 N. 1st St., St. Paul, Minn. He will send you a copy of his book, "The Art of Farm Success." (W. N. U.)

Austrian Old Age Pensions. Under the Austrian law every man 60 years old is entitled to a pension equal to one-third the amount per year which he has earned during his working days.

TEA We drink it for drink; for the taste, for the after glow, a good deal of taste and long-time glow for the money.

Cut On Brandy Supply. The French government has authorized the continuation, who were a feature of every regiment. They were women who supplied the soldiers with brandy.

DOGS AND DISHONEST MEN.

Four Footed Animals Have Power of Discrimination.

"Can a dog tell a thief from an honest man?" asked a man who takes an interest in the question. The very answer of this question is the very answer of the dog's mental processes, can be answered only deductively.

I recall one dog in particular that impressed me with a very firm belief that he just knew intuitively an honest man from a dishonest man. Under ordinary circumstances he was not at all slow in making friends with a stranger. In fact, he was inclined to be friendly. During the time that this particular dog was under my observation in three cases out of nine he absolutely refused to be at all friendly with men he came in contact with daily. He was as friendly and even playful with six of the men, would answer when they called, would follow them about with them and do other things to indicate that he was friendly and had confidence. Toward three of the men his conduct, when not indifferent, was cold and resentful. He would have nothing to do with them.

It is not a significant fact that two of these men turned out to be ex-convicts, and that one of them was afterwards sent to the penitentiary for cattle stealing, while the other six out of nine grew into good, law-abiding citizens. This case is not conclusive, of course. I only mention it because of the fact that it is the strongest case that ever came under my observation.—New Orleans Times-Democrat.

Uses for Old Fashioned Jewelry. I saw an old fashioned set of carved Neapolitan coral the other day which was being utilized in a pretty way. The brooch was used to hold the lace of a dress, and the earrings were arranged to fasten the front of a handsome white embroidered waist.

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TORTURING PAIN.

Half This Man's Sufferings Would Have Killed Many a Person, but Donan's Cure Him.

A. C. Sprague, stock dealer, of No. 121, writes: "For two whole years I was doing nothing but buying medicine to cure my kidneys, but I do not think that any man ever suffered as I did and lived."

The pain in my back was so bad that I could not sleep at night. I could not ride a horse and sometimes was unable even to ride in a car. My condition was critical when I sent for Donan's Kidney Pills. I used three boxes and they cured me. Now I can go anywhere and do as much as anybody. I sleep well and feel no discomfort at all."

A TRIAL. PRICE—Address Posters, Millburn Co., Buffalo, N. Y. For sale by all dealers. Price, 25 cts.

Bless Their Hearts! The women who love in the right way may not remember if you use poetry, but they always put up some of your kind of jam and pickles.—Atlantic Globe.

Deafness Cannot Be Cured. No deaf person can be cured by any of the many remedies that are offered. The only way to cure deafness is by the use of the "Deafness Cure." This is a powerful weapon, and it is a powerful weapon.

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Mining in Honduras. Several mining companies have started work in Honduras, Central America. The principal deposits are gold and silver.